



Draft

NJ Quality Standards for Afterschool - Physical Activity

Recommendation

- Afterschool programs support healthy youth behavior and choices in the area of physical activity.

NJ Quality Standards for Afterschool: Physical Activity

- 1. The program provides for at least 30 minutes of physical activity during the afterschool session**
- 2. The program offers a variety of types of physical activity day to day and within each day**
 - a. Physical activity offerings include free play as well as structured play and staff-led play.
 - b. Offerings include competitive as well as non-competitive activities.
 - c. Offerings include high-intensity as well as moderate intensity physical activities.
 - d. The program offers a variety of different equipment for youth to use for physical activities.
- 3. The program limits the use of screens for youth activities**
 - a. Screen use is limited other than use of computers or mobile technology for homework or specific enrichment activities.
 - b. If the program uses video games that include physical activity, the use is intentional and carefully monitored to ensure the game really does promote physical activity.
- 4. Professional development around physical activity programming is high quality**
 - a. Staff learns about different types of physical activities.
 - b. Staff learns to lead activities, facilitate a game, and coach youth.
- 5. The program environment supports a physically active lifestyle for youth**
 - a. Staff encourages and works to help youth enjoy and participate in a variety of physical activities.
 - b. Program infrastructure and equipment support physical activity options.